



SINCE 1975
OCT 2012

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How We Cooperate

—By Corinne Sikorski

October is National Co-op month, a special celebration in this International Year of Cooperatives.

At heart, co-operatives desire to make our communities and the world a better place. YFC began with a mission to obtain healthier food for ourselves and our families, and to create a more ecologically sustaining food system.

From the start, we have upheld the cooperative principle of Concern for Community.

Since before the first World Food Day in 1981, YFC has promoted food as a basic human right. The Co-op contributes to the end of world hunger by creating a sustainable food system through our store and the Ypsilanti Farmers Markets, as well as supporting the WIC program, which provides mothers and children with nutritious food for healthy lives.

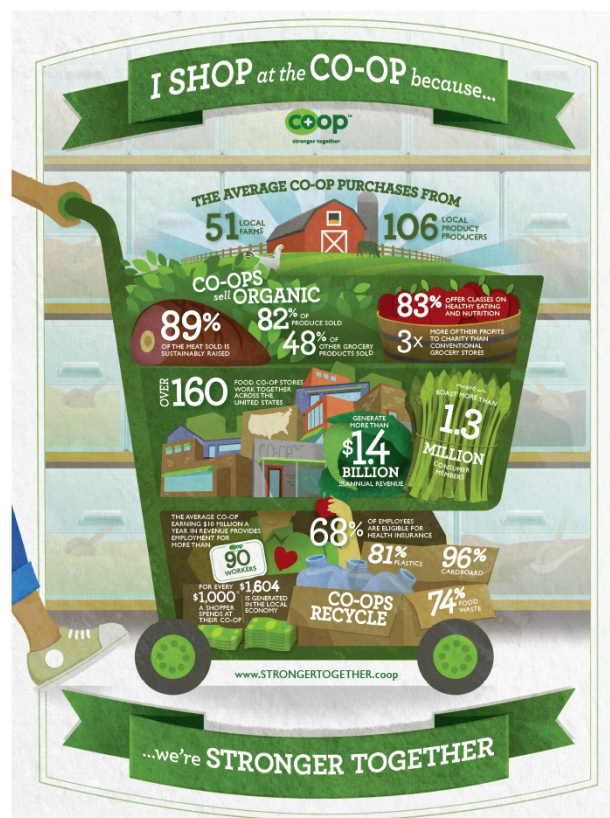
In conjunction with World Food Day on October 16, YFC will contribute 1% of our gross sales from the preceeding Saturday, October 13. Our gift will go to the National Cooperative Grocers Associa-

tion's campaign to raise \$100,000 to help end child hunger through "Share Our Strength," an organization with a mission to connect children with nutritious food (www.nokidhungry.org).

Co-ops are also jointly giving to the Fair Trade chocolate project in October (see pg 3).

Co-ops' combined contribution is \$41,000, which is being donated to the cocoa cooperatives in Peru and Ecuador. Learn more on our website under [Food Issues](#).

Thank you, Cooperators!
You help make the world a better place!



october is fair trade & CO-OP month
share with a FRIEND, or
RETURN to the CO-OP

How Does Your Grocery Store Check Out? The poster details the results of an NCGA Local Impact Study. Look for the poster in the store.

A Peek at Produce

—By Jen Whaley



Pie pumpkins are round, heavy, and smaller than the “field pumpkins” we use for carving.

If you're like most of us, you've experienced pumpkins in two ways:

1. Find a big one and carve a face into it; leave it on your porch until a squirrel chews a hole in it, or
2. Pour the purée out of a can (like the recipe says to do).

You've heard rumors of people cooking with actual whole pumpkins, but these were written off as fairy tales, or at minimum, something we only did before the advent of the can.

Regardless of how this humble squash evolved into such an intimidating ingredient, you need not fear! Pumpkin is tasty and nutritious, with incredible versatility that spans the sweet-savory spectrum. Start with a small pie pumpkin (the jack o' lantern varieties, while edible, tend to be stringy and watery); cut in half or quarters, scoop out seeds, and bake at 350 degrees until fork-tender (60-90 minutes). Scrape out flesh and run through a food

mill or food processor to make a purée, which can then be used in place of the canned stuff in baked goods, soups, even homemade pasta or gnocchi (purée freezes well too!). Cubed, roasted pumpkin is also delicious as a side dish or served warm on a salad.

So before you get spooked about turning your fall decorations into dinner, remember that cooking with pumpkin is as easy as pie!

Friday Pizza at the Co-op

The River Street Bakery is offering pizza from the wood-fired brick oven every Friday throughout the fall!

Organic pizza made with Michigan flour is available for pre-order* or by the slice with your choice of pesto or tomato sauce (or both for an extra \$1). Plain 16" Cheese Pizza for \$16; Slice: \$3.00.

Specialty Pizzas:

- ☞ THE GREEK - feta, organic spinach, onion, and black olives. \$22
- ☞ THE MARGHERITA - local basil, tomatoes, fresh mozzarella. \$20
- ☞ THE VEDGE - local zucchini, mushrooms, onions, green pepper. \$20
- ☞ THE MEAT - organic pepperoni. \$18

*Whole pizzas must be pre-ordered by Thurs night! Call the Co-op at 734-483-1520.



Bicycle Benefits now at Co-op

Got five bucks to support sustainable transportation in Ypsilanti? We hope so. YFC is participating in a new program to promote biking called Bicycle Benefits. This program hopes to inspire more biking by offering discounts at local businesses when you show your bike helmet and its classy Bicycle Benefits sticker.

The Ypsi Food Co-op will be offering a 10 % discount off all prepared Deli Department foods when you show your sticker. Other area businesses are also participating, including Dos Hermanos, Café Ollie, Corner Brewery, Harvest Kitchen, B-24 Café and more every day...

Look for this sticker in participating businesses' windows



Saturday Oct 6, 10 am - 4 pm

Solar Tour, begins at YFC, 312 N River, Ypsi

Part of the National Solar Tour highlighting the use of solar energy. SolarYpsi.org hosts the Solar Tour, with 8 stops in the city of Ypsi, most in walking distance of YFC.

Friday Oct 12, Potluck 6:00pm, Film 7:00pm

Sustainability Film Series: "Ingredients" at downtown Ypsi Library, 229 W Michigan Ave, Ypsi

Immediately following the 6pm Growing Hope Community Potluck—all are invited! The Sustainability Film Series is co-sponsored by YFC, the Ypsi District Library, Growing Hope, and Transition Town Ypsi. "Ingredients" explores a reviving local food movement as our world becomes a more disconnected, dangerous place to eat.

Saturday Oct 13 4:00-4:45pm

New Member Orientation

"Get to Know Your Co-op!" with a short slide show and a tour of the Food Co-op. All are invited.

Saturday Oct 13 — ALL DAY!

World Food Day

YFC will donate 1% of sales for World Food Day to benefit Cocoa co-ops of South America, see page 1.

Thursday Oct 18, 6:30 pm

Do Something Reel film series: "King Corn" at Ypsilanti Library, 5577 Whittaker Road, Ypsi

Co-sponsored by the Ypsi Library, Ypsi Food Co-op and Whole Foods, "King Corn" is a feature documentary about two friends, one acre of corn, and the facts about the subsidized crop that drives our fast-food nation.

Friday Oct 19, 7:00pm

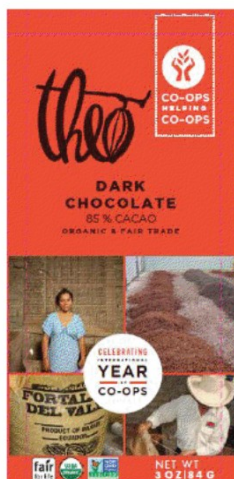
Back to the Co-op Future: the 1970s at downtown Ypsi Library, 229 W Michigan Ave, Ypsi

For complete info, see page 4

October Events

85% Cacao
Organic
Fair Trade
Non GMO Verified

Special for Co-op Month: Fair Trade chocolate bars for the International Year of Cooperatives! Fifty cents per bar goes to the Cepi Café cocoa co-op of Peru and the Fortaleza de Valle cocoa co-op of Ecuador.



Pianos 'Round Town

Sponsored by



Steinway Piano
Gallery of Detroit
Ypsilanti CVB
Depot Town Assoc.
and the
Nelson Amos Studio

pictures, videos & updates on Facebook & on
www.youtube.com/pianosroundtown

Sept. 21 - Oct. 9, 2012

YPSILANTI FOOD CO-OP

General Manager

Corinne Sikorski

Corinne@ypsifoodcoop.org

Editor

Lisa Marshall Bashert

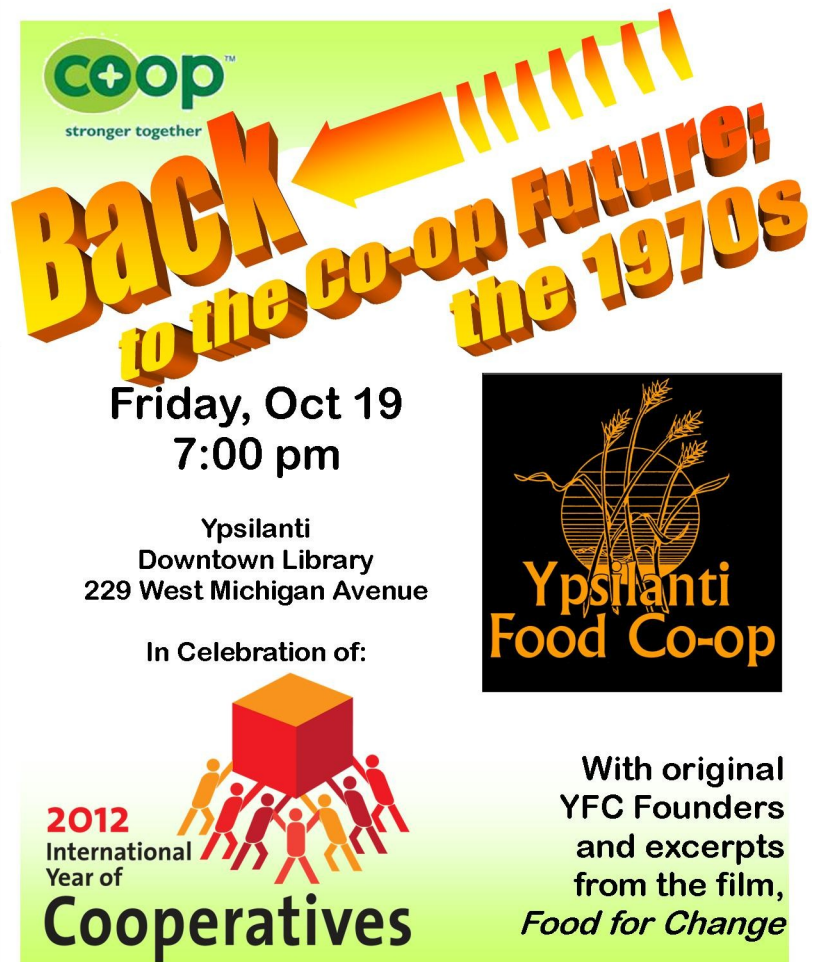
lisa@ypsifoodcoop.org

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Back to the co-op Future! the 1970s

**Friday, Oct 19
7:00 pm**

**Ypsilanti
Downtown Library
229 West Michigan Avenue**

In Celebration of:

**2012
International
Year of
Cooperatives**

**Ypsilanti
Food Co-op**

**With original
YFC Founders
and excerpts
from the film,
*Food for Change***

Stuffed Bagels - A Classic from the PawPaw Co-op

'Member way back when the Co-op carried those great stuffed bagels made by the Grain Dance Bakery in PawPaw? Well, now they are available again, coming to you direct from the wood-fired brick oven of the River Street Bakery, made by the skillful hands of the daughter of the original baker, our own Hope Thomas. Hope is a 4th generation cooperator, carrying on her legendary family tradition today at the Ypsi Food Co-op.

One of Hope's earliest memories was the smell of the bagels being baked. She practically grew up at Grain Dance and the PawPaw Co-op, where her father was the general manager and her parents first met. Her mother began baking the bagels at least 20 years ago and made many kinds: pizza, veggie feta, even sweet varieties.

Hope plans to replicate all the kinds of stuffed bagels she grew up eating and loving in PawPaw. She is the one in the family who first expressed an interest in baking and carrying on Co-op traditions.

If you're looking to get the Stuffed Bagels fresh, they are baked on Monday afternoons and will be available after 5:00pm hot from the oven. Or you can get them every day of the week (while they last!) from our freezer case.



**Look for Stuffed Bagels coming
the Ypsi Food Co-op in October**

Coming soon: delectable cream cheese and cinnamon & sugar stuffed raisin bagels! Thanks to Hope for carrying on Co-op baking traditions into the future — in this International Year of Cooperatives, it seems very fitting, indeed.